

# The 2nd Annual Emergence Retreat

April 28 & 29, 2017 in Sun Valley, Idaho



Two days of **mountain magic, multidimensional exploration, powerful healing, and transformational shifts** - and, of course, playful fun and connection - to help you make **the next big leap** toward your Soul Purpose work in the world!

## *Uncover the next level of your True Self...*

Adrienne will help you explore more of who you are and to **release more of who you are not** as you reconnect more deeply than ever with your multidimensional nature. The time to step into your Wayshowing and healing leadership role like never before is now!

## *You will receive guidance on how to:*



- Identify and transmute lingering distortions that impede you.
- Engage in self-love and self-acceptance at radical new levels.
- Expand your experience of yourself beyond this dimension.
- Unlock innate metaphysical healing abilities.
- Elevate your vibration and enJOY yourself!

## An Invitation from Adrienne:

Hello, Emergent Women!

We have entered a powerful time on the planet. Ascension is well underway and chaos is king. **The human collective is undergoing a major spiritual evolution.** In order for the higher consciousness to build new systems on Earth, the old is being deconstructed. It is time to reconnect to our multidimensional nature like never before on behalf of ourselves, those we love, and the entire human collective.



It is an incredible time to be a Wayshower on the planet. Our own healing (of the False Self) and revealing (of the True Self) is happening at an accelerated pace. **In order to stabilize and give direction out of the chaos, bringing emergent systems forward, we must embody a multidimensional way of life.** We have special responsibilities, including transcending polarized ways of being (me/you, us/them) in order to usher in unity consciousness.

For many thousands of years on Earth, **healers and shamans have turned to higher dimensions of existence in order to solicit the assistance of Spirit Allies, including powerful aspects of themselves.** That's what we'll be doing at the annual Emergence retreat, in the gorgeous Idaho Rocky Mountains, on April 28 & 29, 2017. Joining me is T'ai Chi Teacher Jude Trapani, who is also my life partner and Lisa Martin Niemi, Ascension Portal and Empath.

If you attend this year's retreat, you'll be guided—through live channeling, structured teaching exercises, and your own interaction with your multidimensional self—to achieve a significant acceleration in your spiritual development. You'll **identify and release negative distortions** that impede your happiness. You'll **explore aspects of your multidimensional self that can assist you powerfully**, and radical, self-loving power. You'll learn to **balance yourself through alignment with your Higher Self**, and to regain that balance quickly if you lose it. Finally, you'll see how you can **create a life based in 5th dimensional principles of instant manifestation and magical synchronicity**, building the confidence to create new thinking, new systems, and new paradigms on Earth.

The setting—Idaho's Sun Valley Resort—could not be more gorgeous. The Emergence participants could not be more courageous and compassionate, having all of them journeyed ever closer to home, the True Self. And **I could not be more delighted to offer you this transformational opportunity to align yourself with your Greater Self.** Hope to see you there. To register, click here: <http://www.adriennetrapani.com/retreat2017.html>

with LOVE,



Adrienne

## Retreat Highlights:

- Adrienne will lead you on healing meditations and channel timely guidance from her Multidimensional Selves, as well as the Ascended Masters, Archangels, and spiritually advanced Galactic Collectives.
- Jude will guide you how to find your root and center through the practice of t'ai chi, enabling you to embody your truth more powerfully.
- Lisa will guide you through the step-by-step process of Ascension, and clarify its attributes, experiences and nature.
- You'll learn how to identify energetic obstacles and how to transmute them.
- You'll deepen your commitment to a self-empowering narrative.
- You'll witness transformative coaching from wise teachers and collectives beyond this dimension.
- You'll play and connect with a community of like-hearted and like-minded multidimensional Wayshowers who've gathered to support one another.
- You'll find the deLIGHT of your true nature emerging as you reconnect to the beauty of multidimensional reality.
- You'll experience the magical mountain resort of Sun Valley, Idaho.
- You can wind down by visiting the lodge's spa or going for a run, walk, or bike ride on local trails.



## Retreat Leadership

### **Adrienne Trapani - Retreat Leader**

Adrienne Trapani is a Multidimensional Channel & Guide. She is here to help those Souls who agreed to assist humanity during planetary ascension awaken to their True Selves, thereby unlocking powerful innate metaphysical abilities in service to the ALL. She channels, teaches and coaches others using her own reactivated set of higher knowledge.



### **Jude Trapani - Instructor**

Jude Trapani has been studying T'ai Chi since 1990. His practice grew substantially after connecting with his teacher Master Henry Wang in 2000. He lives in Boise, Idaho and is practicing and teaching with other students of Master Wang's T'ai Chi School. Professionally, Jude is a fishery biologist working for the government specializing in river and restoration ecology, and has earned nicknames like "River Medic" and "Obi-Wan Kenobi". He is especially interested in the multidimensional aspects of energy exercises like T'ai Chi.



### **Lisa Martin Miami - Instructor**

Lisa is an Ascension Portal and, as such, is here to download, hold, and emit the full magnitude of the frequency, vibration, and Essence of Creation as it would like to express itself through me (as are you); communicate the Ancient Knowledge and relevant NOW messages; and assist individuals with their Ascension. She also helps to clarify the nature and roles of the Dark and the Light, eliminating Religious and other types of Programming, assisting Empaths in understanding their role in shifting the human collective consciousness, and Healing those in need of the assistance. She enjoys the gift of Clair Gnosticism, which is the ability to know what needs to be known in the moment it is needed.

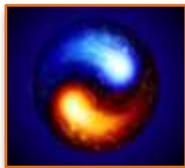


## AGENDA - MULTIDIMENSIONAL REALITY EXPLORED & EXPERIENCED

### DAY 1: Friday, April 28th

#### 9:00am - Welcome & Introductions

Meet in the Larkspur Room of the Sun Valley Lodge.



#### 9:30am - Qi Gong & T'ai Chi

Jude will lead you through basic qi gong (gentle energy exercises) to awaken your mind/body/spirit complex for the day. Wear comfortable clothing.

#### 10:00am - Guided Meditation

Join Adrienne in a guided grounding and clearing meditation, followed by astral travel to the Golden Pyramid on Arcturus. We will receive timely healings from the wise, benevolent teachers that await us there.



#### 10:30am - Channeled Session with Q&A

Adrienne will then facilitate channeled lectures regarding the multidimensional nature of reality and the current situation on the planet. Time for questions.

12:00noon - Lunch on Your Own

#### 1:45pm - Energy Flow Exercise

Jude will lead you in more advanced gentle exercises, focusing on enlivening your physical body and activating your Light body through the practice of Search Center.



#### 2:15pm - Ascension: Moving Out of Confusion and Into Clarity

Lisa will teach you about the repeatable steps of Ascension, and how to recognize its stages. Some attendants may even experience an "Ascension Leap" during the presentation!

4:00pm - Break

4:15pm - Closing Discussion & Wrap Up

### DAY 2: Saturday, April 29th

#### 9:00 - Welcome Back & Intentions

Meet in the Larkspur Room again.



#### 9:15am - Qi Gong & T'ai Chi

Jude will lead you through basic qi gong (gentle energy exercises) to awaken your mind/body/spirit complex for the day. Wear comfortable clothing.

#### 9:45am - Guided Meditation & Channeled Session

Similar to yesterday, join Adrienne in a guided grounding and clearing meditation, followed by astral travel to the Golden Pyramid on Arcturus. We will receive another round of healings and activations from the wise, benevolent teachers that await us there.



#### 10:15am - Channeled Session with Q&A

Adrienne will then facilitate channeled lectures regarding what it means to live a multidimensional life and what we signed up for as the Wayshowers during this time of great change. Time for questions.

12:00pm - Lunch on Your Own



#### 1:45pm - Healing Workshop

Adrienne will channel on the subject of self-healing. She will then explain and demonstrate quantum healing and support your own experiential practice. This is your chance to activate latent healing abilities and begin to use them with confidence on behalf of others during the workshop.

#### 2:45pm Healing with Energy Exercises

Jude will introduce you to various energy healing practices you can explore further at home.

3:15pm - Break



#### 3:30pm - Putting It All Together: Your 5D Creation

We'll hear from The Arcturians and others on how best to create what you want for your life going forward. You'll then spend time engaging in creative exercises.

#### 4:45pm - Wrap Up & Closing

5:00pm - Program Ends

#### 6:45pm - Closing Banquet (exact location within the resort TBA)

For those of you who purchased a dinner ticket, join us as we discuss our new insights and celebrate our self-empowering shifts over a delicious meal!

To register, click here: <http://www.adriennetrapani.com/retreat2017.html>